

Guardian

Volume 12, Issue 4 Produced for Personnel of KFOR Multinational Brigade (East) April 6, 2005



BUILDING BRIDGES

578th

Sgt. Major of the Army visit

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the last site you see.



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and over

1800 PSI



Face shield and gloves are required for your safety at the wash rack

STAY ALERT, SAFETY FIRST

This message brought to you by Task Force Falcon Command Information

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PHOTO BY SPC. LYNETTE HOKE



PHOTO BY SGT 1ST CLASS JOHN MAKAMSON

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COVER PHOTO BY 2ND LT. TIM MILLS

Spc. Jimmy Cawthon, squad automatic weapon gunner, 1st Squad, 1st Platoon, Company A, 578th Engineer Battalion stows chains that were used for lifting deck panels while delaunching the Mabey & Johnson LSB.

Safety, a Soldier's Priority

Hello Peacemakers of Multinational Brigade East! I am Command Sgt. Maj. William Clark, Jr. From time to time I will use this column to discuss various subjects with you that are important to our success during our mission here in Kosovo.

In my initial column I want to talk about a topic that should be near and dear to every Soldier's heart: safety.

Safety is the cornerstone of everything we do. It is a key component to Soldier and operational readiness. Nothing we are tasked with doing here is so important that we must compromise safety in order to accomplish the mission. We are all trained on how to assess hazards and mitigate risk. From individual and collective training to daily operations and mission execution, we must incorporate safety into everything we do.

This includes vehicle and driving safety. As the weather continues to warm and our Soldiers become more comfortable with their surroundings, driving speeds have increased. In this environment speed kills. Poor roads, unpredictable pedestrians and a strange mix of vehicles from "Kosovo Harleys" to high performance luxury sedans makes for extremely hazardous driving conditions. The surest way to mitigate this risk is to SLOW DOWN! None of us want to leave Kosovo responsible for the vehicular death of a young child because we failed as individuals or as leaders to keep the speeds of our vehicles down.

As I travel around our area of responsibility I have also noticed Soldiers incorrectly using ground guides or not using them at all. Proper use of ground guides reduces the number of accidents causing property damage and saves lives. There is simply NO excuse for an accident that happens because someone failed to use a ground guide.

I have also noticed from time to time soldiers traveling around in HUMVEES without wearing Kev-



lars. Simply put, this is not acceptable. Regardless of the mission or operation, any Soldier traveling in a HUMVEE must wear a Kevlar.

Now that the weather has warmed and snow melted we are finding Unexploded Ordnance (UXO) in our AOR. Upon discovering UXOs immediately notify the battledesk using the proper neline format. The battledesk will dispatch the Explosive Ordnance Detachment (EOD) to properly and safely dispose of the UXO.

Recently we had an accidental discharge at one of our installations here in Kosovo. Fortunately, it did not result in injury or loss of life. However, the consequences of this could have been devastating. Adherence to proper weapon awareness and clearing procedures would have prevented this discharge from happening. Remember in our business complacency kills. All of us as Soldiers and leaders have an obligation to prevent this from happening.

As we settle into our battle rhythm and gain additional confidence in our ability to execute our mission to provide a safe and secure environment for all the people of Kosovo, we must remain vigilant and continue to incorporate safety into everything we do.

Remember Peacemakers – Safety first. Can do!

Guardian

Produced for Personnel of KFOR Multinational Brigade (East)

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Ferizaj, Kosovo

The GUARDIAN is an official publication of KFOR Multinational Brigade (East) produced to provide command information to service members in MNB(E). Guardian is produced by the combined 135th and 102nd Mobile Public Affairs Detachments. Contents of the Guardian are not necessarily official views of, nor endorsed by the U.S. Government, the Department of Defense, the Department of the Army or the 40th Infantry Division. The Guardian is published biweekly using offset press by the MNB(E) Public Affairs Office, Building 1320, Camp Bondsteel, APO AE 09340. Printed circulation is 2,500.

Test program to raise enlistment age

The Army has announced a three-year test program to evaluate raising the reserve-component non-prior-service maximum enlistment age from less than 35 years of age to less than 40 years of age.

The program will evaluate the feasibility of a permanent change to the enlistment policy for the Army reserve components, officials said. The test will begin immediately and continue through Sept. 30, 2008.

"We looked at policies that we have in place that might be restricting recruiters from achieving their mission," said Lt. Col. Roy Steed, Chief, Recruiting and Policy Branch, under the Army G1 (Personnel).

"Raising the maximum age for non-prior-service enlistment expands the recruiting pool, provides motivated individuals an opportunity to serve, and strengthens the readiness of

Reserve units."

All applicants must meet the same eligibility standards as their active duty counter-parts, to include passing the same physical standards and medical examination.

Experience has shown that older recruits who can meet the physical demands of military service generally make excellent Soldiers based on maturity, motivation, loyalty, and patriotism, Steed said.

"Historically, people in this age group have wanted to serve, but may have been turned down only on the basis of their age," Steed said. "We don't want to turn away these motivated people who come to us and want to serve their country."

The Army is constantly looking at ways to better reflect the fast-changing American society.

The Army Reserve can benefit

from the contributions of motivated and mature individuals who make a conscious and informed decision to serve their country, Jones said.

"We're talking about a mature and motivated person who is making a very informed decision about pursuing a different direction in life," Jones said.

"They may have always wanted to join the Army, and now have a chance to do it. They have a lot of experience in life, and they bring that to the table."

The concept of increasing the maximum enlistment age was initially discussed this past fall, Steed said.

The Army requested and received an exception to Department of Defense policy that set the maximum enlistment age in the active and reserve components at less than 35 years of age. ★

Ranger school opens to non-combat specialties

A new initiative has opened up Ranger School to a broader range of Soldiers.

"Before this, ranger School was limited to combat arms Soldiers and those who were assigned to the 75th Ranger Regiment or Ranger Training Brigade," explained Col. K.K. Chinn, Ranger Training Brigade commander.

"Now ranger school is open to Combat Support and Combat Service Support Soldiers for whom the combat exclusion policy does not apply,"

The new change came as a part of Task Force Soldier, a focus area of the Army Campaign Plan.

TF Soldier conducts holistic review and analysis of individual Soldier training, equipment, and readiness needs, institutional through small units, in order to support deploying Soldiers fighting the global war on

terrorism and to prepare Soldiers for the Future Force.

The opening of ranger school is seen as a way to help fulfill the goals set out by the TF Soldier guidance.

"TF Soldier (Team Warrior) was looking for ways to build Warrior Ethos throughout the Army and concluded that more ranger qualified leaders would assist in accomplishing the goal of Warrior Ethos throughout the Army," Chinn said.

"Ranger training is important because it teaches Soldiers what they need to know about small unit tactics and how to fight and win in the close combat, direct fire battle," Chinn said.

Those attending ranger school have to endure a rigorous 61-day course that pushes them to their physical and mental limits. The course consists of three phases: Fort Benning,

The Mountain Phase and finally the Florida Phase. Through these three phases Soldiers attain essential combat skills for the modern Soldier.

"The purpose of ranger school is to further develop the combat arms skills of officer and enlisted volunteers eligible for assignment to units whose primary mission is to engage in the close-combat, direct fire battle."

Chinn warns that Soldiers should not come in out of shape, "All Soldiers interested in attending ranger school should ensure they are physically fit and prepared for the rigors of ranger school."

Chinn said he feels that the opportunity to attend ranger school is a good one that comes down to one simple fact, "Bottom line - ranger school is the best life insurance policy you can get for you and your men." ★

Around MNB(E)



(Top photo) Maj. Brian Yori, from El Segundo, Calif., shoots an MP-5 submachine gun during a live fire weapons familiarization held at Camp Bondsteel. The German-made weapon is chambered for standard 9mm NATO cartridges.

(Left photo) Prior to the range going "hot" for live-fire, Italian Carabinieri and U.S. Soldiers look onward as App.Sc. (Cpl.) Damiano Pelle gives instructions on the proper handling of an MP-5 SD submachine gun. Soldiers had the opportunity to show their marksmanship skills by engaging man-sized silhouette targets.

Ready on the firing line

Members of the Italian Carabinieri and U.S. Soldiers took advantage of the sunny weather and cross-trained on the small arms range here. Loud shots rang out and gray smoke rose as the Soldiers skillfully engaged their targets with pistols and rifles.

The U.S. Soldiers enjoyed the opportunity to try something different, shooting the Italian's Benelli CS 70-90 rifles, M12 submachine guns and the Special Police Automatic Shotgun (SPAS-15).

The troops found the Italian weapons well-built and easy to operate. They saw first-hand how their counterpart's weapons compared to U.S. military firearms.

"I think their weapons shoot very well, just as good as our weapons," said 1st Lt. Christopher Loftus, Headquarters, Headquarters Company, Task Force Shadow from Pittston, Pa., "It's not every day that U.S. Soldiers have the opportunity to cross train with our allies' weapons systems. Any time we can work with a foreign military, it benefits all Soldiers."

The Carabinieri brought other weapon systems with them as well. Some of these were the German-made MP5 and MP5-SD submachine guns.

Shooting different weapons, however, was not the only motivation for the Italian soldiers. They also took the opportunity to earn a U.S. marksman certificate and several Carabinieri did just that with the American-built M-16 rifle and M-9 pistol.

In return, American Soldiers received an Italian marksmanship certificate.

Chief Warrant Officer 2 Peter A. Motiekonis, the Italian Liaison



Officer, was pleased with the outcome, "I think overall, both sides did very well," he said. "It is a process in which we all learned from each other."

The troops relied on the basic fundamentals of rifle marksmanship. By using those tools, Soldiers will do well at the rifle range.

The riflemen were able to pick up an unfamiliar weapon and quickly learn to adjust the sights, load, unload and clear it safely, as well as learn each firearm's individual characteristics. In the end, they were able to go out, fire and qualify successfully.

The day's events were coordinated by Motiekonis, Maj. Brian Yori from El Segundo, Calif., Training Officer for Multinational Brigade (E) and Staff Sgt. Fernando Macanlalay from Manila, Philippines Islands.

"This range was just the beginning. We are in the process of scheduling other ranges with our other counterparts," said Yori. "It actually gave us a different perspective. This kind of event gives us more knowledge on how each component conducts their live-fire ranges."

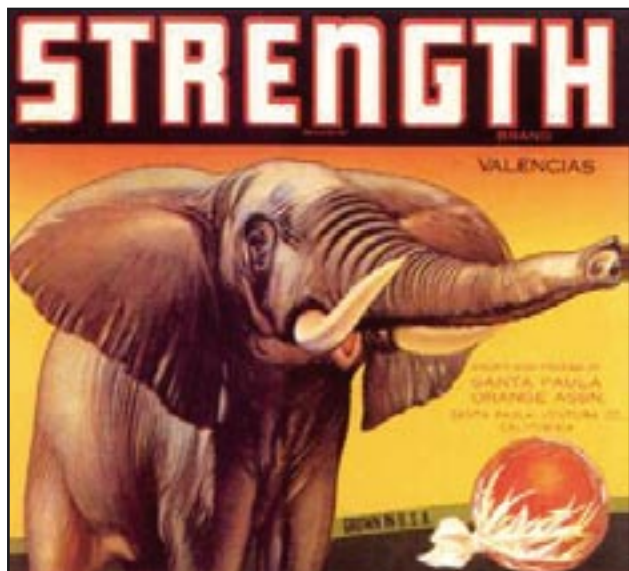
As the smoke cleared at the end of the day, all in attendance were happy about their chance to participate in a unique cross-cultural event. ★

(Top photo) Yori is pleased with a rapid fire shot group that he made with the Italian CS70-90 rifle.

(Center photo) V. Brig (Sgt.) Rossano Fiaschi and Yori discuss techniques in order to achieve a tighter shot group.

(Bottom photo) V. Brig (Sgt.) Giampaolo Melis and Yori comment on the differences and similarities regarding range operations of both nations.

Weight loss goals can be achieved



An Army nurse gives the skinny on many different types of diets and the ways you can achieve your weight loss goals. Also, a warning on how some extreme diets can affect your health in a negative way.

Hello, Task Force Falcon 6B. I have noticed as I walk around Camp Bondsteel that a few of us have an opportunity over the next year to shed a few pounds. I just wanted to share some information as many of us start this task of dieting and maybe give you some tidbits of information to help you along the way.

There are many approaches to dieting and many claims for great success with various fad diets. They include calories restriction, low-fat/high-fiber, or high protein and fat/low carbohydrates. Some evidence suggests people may respond differently to specific diets depending on whether their weight is overly distributed around the abdomen or not.

According to a 2003 report comparing four major diets (Atkins, the Zone, Ornish, and Weight Watchers), any healthful diet that achieves weight loss helps the heart. To date, although many diets achieve effective immediate weight loss, none has emerged as an effective tool for maintaining healthy weight. The only definite recommendation that can be made about any diet plan is to be sure to include

an exercise program, assuming there are no health problems to preclude it.

Calorie Restriction

Calorie restriction has been the cornerstone of obesity treatment. The standard dietary recommendations for losing weight are the following:

As a rough rule of thumb, one pound of fat equals about 3,500 calories, so one could lose a pound a week by reducing daily caloric intake by about 500 calories a day. Naturally, the more severe the daily calorie restriction, the faster the weight loss. Very-low calorie diets have also been associated with better success, but extreme diets can have some serious health consequences.

To determine the daily calories requirements for specific individuals, multiply the number of pounds of ideal weight by 12 to 15 calories. The number of calories per pound depends on gender, age, and activity levels. For instance, a 50-year old woman who wants to maintain a weight of 135 pounds and is mildly active might require only 12 calories per pound (1,620 calories a day). A 25-year old female athlete who wants to maintain

the same weight might require 25 calories per pound 2,025 (calories a day).

Fat intake should be no more than 30% of total calories. Most fats should be in the form of monounsaturated fats (such as olive oil). Saturated fats (found in animal products) should be avoided.

Warning on Extreme Diets

Extreme diets of less than 1,100 calories carry health risks and are often followed by bingeing or overeating and a return to the obese state. Such diets often have insufficient vitamins and minerals, which must then be taken as supplements. Most of the initial weight loss is in fluids. Later, fat is lost, but so is muscle, which can account for more than 30% of the weight loss.

No one should be on severe diets longer than 16 weeks or fast for more than two or three days. Severe dieting has unpleasant side effects, including fatigue, intolerance to cold, hair loss, gallstone formation, and menstrual irregularities. There have been rare reports of death from heart arrhythmias when liquid formulas did not have sufficient nutrients. Pregnant women who excessively diet during the first trimester put their unborn

Continued on page 23

An appreciative and grateful heart

Do we appreciate our health and the resources we have? Am I grateful for where I am and what I have?



PHOTO BY SPC. ALICIA DILL

How often do we take our health for granted? I get up in the morning out of my warm, comfortable bed, stretch and have access to a bathroom with electricity and hot running water. The water flows freely and the lights are always on, the room is even heated. Generally I feel pretty good physically, even at my age. However, I do notice my body can ache when I over exert myself exercising, when I wake up the next day. Waking up to sore muscles and weary bones because my job generally requires only deskwork, talking on the phone, interacting with people and celebrating rites and rituals, is hardly strenuous physical labor. I believe I have what is called in the civilian world, a white-collar job. I have access to health care, doctors and dentists to help keep me

healthy, and have access to and can eat healthy food, if I so choose. I have the resources at hand to live a reasonably healthy life.

“Much of the world’s work is done by people who don’t feel well.”

-Winston Churchill

Recently, while driving to and from Camp Monteith, I saw men and women using shovels and picks to turn over soil in some of the fields and gardens. I saw young men and older men, carrying large buckets in front of them filled with fertilizer, spreading the material across the fields by hand casting, an age-old process. No tractor to ease their job. The large fields were tilled first by a tractor pulling a plow, but the fertilizing was done by hand. I saw some men and women planting something in the field by hand. And then I thought to myself, I wonder what kind of health care do these men, women, and children have? How much do their muscles ache at the end of the day? What kinds of food do they enjoy or are able to purchase or grow? I don’t know if they feel well every day.

It is true that people who don’t feel well do much of the world’s work. Do we appreciate our health and the resources we have? Am I grateful for where I am and what I have? ✱



Lt. Col. Lawrence M. Hendel is Staff Chaplain for Multinational Brigade (East). Hendel earned a Masters of Divinity from Saint Patrick Seminary, Menlo Park, Calif. in 1977. He joined the U.S. Army in 1982 and serves as the 40th Infantry Division's Chaplain here in Kosovo. Chaplain Hendel can be reached on the Defense Switched Network at 781-5007.

What makes the Army: Soldiers



PHOTO BY SGT. 1ST CLASS BOBBY GRISHBY

Double exposure! Spcs. Elisa & Yolanda Duarte pose for a photograph at Camp Bondsteel's "Bubble Gym." Yolanda is on the far left and Elisa on the right. The 40th ID Soldiers have done everything in life together from high school basketball to Junior R.O.T.C. The KFOR 6B rotation is the first deployment for the Anaheim, Calif. natives.

Soldiers stationed at Camp Bondsteel are used to seeing double. For example, there are two dining facilities, two barbershops, and two chapels.

Also among those pairs is the 40th Infantry Division's (ID) set of identical twins: Spcs. Elisa and Yolanda Duarte.

After more than two months in Kosovo, the Anaheim, Calif. natives have caused many KFOR Soldiers to do "double takes" as they pass. If one doesn't pay close attention, it is very easy to get confused in their presence. Up until they were four years old, even "they" didn't know which one was "Elisa" and who was "Yolanda."

"One day our mom had something

in her hand and she wanted to give it to us," explained Elisa, the oldest of the twins by one minute. "She said, 'OK, which one is Elisa and which one is Yolanda?' We were both arguing and finally I said, 'I'm Elisa and you're Yolanda' and from that day on I've been 'Elisa' and she's been 'Yolanda.'"

While the twins' looks are similar, they each have their own unique personality. Each member of the duo has specific qualities that distinguish one from the other.

"I'm probably the more sarcastic one," Elisa explained. "People say I'm evil and Yolanda's nice, but I don't believe them."

"Elisa is more outgoing than I am," said Yolanda. "I'm a little more reserved."

Officially, the two consider themselves to be identical twins. However, they are quick to point out that they do have differences in their physical appearances. Despite that fact, they say that they have been able to pull off a few pranks over the years.

"We don't look alike," said Yolanda. "As far as facial characteristics, Elisa is a lot skinnier."

"There was one time in high school where I posed as Yolanda in one of her classes," Elisa admitted. "No one even noticed that she was gone."



PHOTO COURTESY OF ELISA & YOLANDA DUARTE



PHOTO COURTESY OF TONY VELKOVA

Left, Spc. Elisa Duarte, left and Spc. Yolanda Duarte, right were turning heads even at four-months old in this photograph. Right, now as the twins are older and in the Army, they are making other Soldiers wonder if they were seeing double or there really is two Duarte specialists at Camp Bondsteel.

Slight differences may be present visually, but on paper they are a carbon copy of one another. Both Guardsmen are administrative specialists within the 40th ID's personnel services section during the KFOR 6B rotation. They are small in stature, but on the ground they have big responsibilities within Task Force Falcon.

"I'm in charge of Non-Commissioned Officer Evaluation Reports and Officer Evaluation Reports and I make sure that they are all filled out correctly," said Yolanda. "I also work with all personnel officers on establishing standing operating procedures for those documents."

Prior to mobilization, Yolanda was serving on an Active Duty Special Work tour with the Sunburst Division back in California. She aspires to one day become a member of the California

Army National Guard's Active Guard/Reserve force.

Meanwhile, Elisa is the Post's Site Security Manager for the Real-Time Automated Personnel Identification System, otherwise known as RAPIDS. It is a program that is used to issue identification cards to Soldiers and other Department of Defense personnel. As a civilian, she is an operations assistant with a southern California utility company.

Upon her return home, Elisa hopes to begin training to become an officer in the Los Angeles Police Department (LAPD).

"I want to join the LAPD because I really want to be able to make a difference in society," said Elisa with a grin. "It's just something that I've always wanted to do."

As these Peacemakers serve in the

Balkans, they have an advantage over many of their fellow Soldiers—they are deployed to Kosovo with a blood relative.

Due to the fact that the Duarte twins don't live together back in California, the opportunity to be together on a one year deployment was too good to pass up.

It is a chance for them to get double exposure from a culture far different than what they are accustomed to back in the United States.

"We're going to get a lot closer that's for sure," Yolanda said. "Now that we're here, we're going to experience everything together."

"I actually wanted to start my career with the police academy this year," Elisa said as she looked her younger twin in the eyes. "But I would rather be with my little sister here in Kosovo." ★

Sgt. Major of the Army *VISITS*

Photos and Story by Spc. Alicia Dill

Easter weekend was more than a holiday away from home for Soldiers in Kosovo, as the Army's top Non-commissioned Officer paid a visit.

Sgt. Major of the Army Kenneth Preston spoke to enlisted Soldiers at Camps Bondsteel and Monteith, was part of re-enlistment and promotion ceremonies throughout the task force and went on patrol with Task Force Sidewinder's, Company A, 578th Engineer Battalion, in Kamenice/Kamenica.

During the enlisted call held at the camp theaters, Preston discussed many important subjects concerning deployed Soldiers, both in present and future operations.

"Our number one priority is fighting the Global War on Terrorism," said Preston. "It is no secret we're very busy with 284,000 Soldiers deployed right now to 120 countries all over the world."

Another topic which affects the future of Soldiers in all components is the transformation the Army is going through.

Soldiers operating in many different missions around the world, ranging from countering guerrilla insurgency to humanitarian missions, gives the Army a chance to bring units out of their deployed theaters and reconfigure within, said Preston.

Growing the Army by 10 brigades is one way the Army plans to take the pressure off of units completing back-to-back deployments. This change will bring stability back into the lives of Soldiers and their families, he said.

In addition, the uniform change from the Battle Dress Uniform to the Army Combat Uniform was also a topic Soldiers at the enlisted call discussed with the Sgt. Major of the Army.

"I'm glad he described all the new changes to the uniform, where all the ideas came from and how long they tested the uniforms for," said Sgt. Hugo Macias, driver for Deputy Commander Support, Task Force Falcon Command Group.

After the enlisted calls, Preston took part in re-enlistments and promotion ceremonies with Task Forces Falcon, Dragoon

Continued on page 14



Left, Sgt. Major of the Army Kenneth Preston and right, Sgt. Adam Ingram, A Company, 578th Engineer Battalion, patrol through the streets of Kamenice/Kaminica with the rest of the squad members following close behind.





Sgt. Major of the Army Kenneth Preston addresses a squad from Company A, 578th Engineer Battalion, after returning from the patrol. Thanking the Soldiers for all their hard work and dedication, he presented the Soldiers with a coin for their efforts during the patrol in Kamenice/Kamenica.

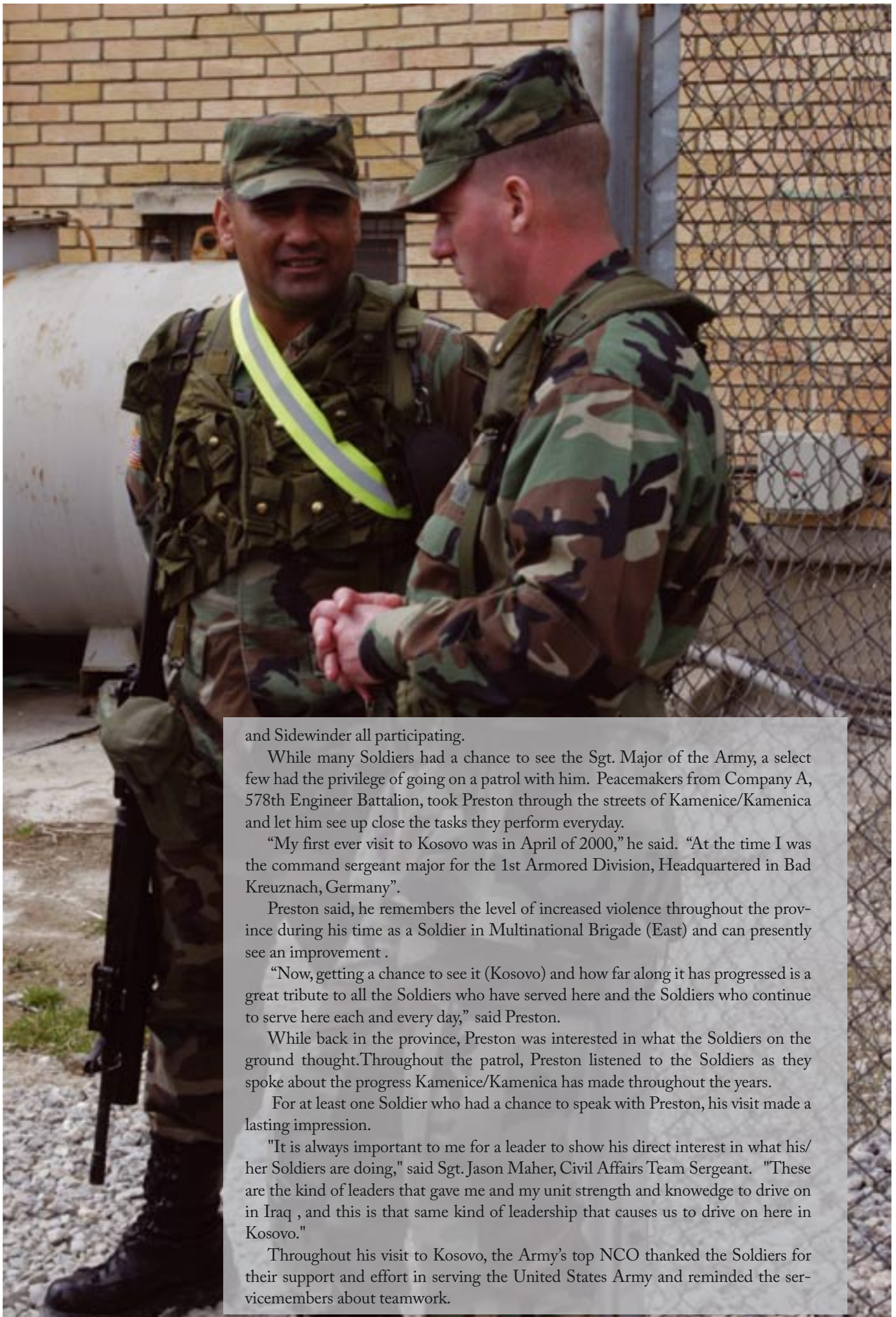


*“One Army, one team, one fight,”
Preston said.*

Above, Spc. Jason Windlebleck, assigned to the Multinational Brigade (East) G-2 section, is promoted to sergeant by Brig. Gen. William Wade II, commander of Multinational Brigade (East), Sgt. Major of the Army Kenneth Preston and Command Sgt. Major William Clark Jr., during promotion ceremonies held at the Camp Bondsteel theater.

Right, Troops from Camp Bondsteel prepare to meet the Sgt. Major of the Army Kenneth Preston in the theater. Soldiers listened as he spoke about various subjects affecting the Army as a whole and were able to ask questions of Preston at the end.





and Sidewinder all participating.

While many Soldiers had a chance to see the Sgt. Major of the Army, a select few had the privilege of going on a patrol with him. Peacemakers from Company A, 578th Engineer Battalion, took Preston through the streets of Kamenice/Kamenica and let him see up close the tasks they perform everyday.

"My first ever visit to Kosovo was in April of 2000," he said. "At the time I was the command sergeant major for the 1st Armored Division, Headquartered in Bad Kreuznach, Germany".

Preston said, he remembers the level of increased violence throughout the province during his time as a Soldier in Multinational Brigade (East) and can presently see an improvement .

"Now, getting a chance to see it (Kosovo) and how far along it has progressed is a great tribute to all the Soldiers who have served here and the Soldiers who continue to serve here each and every day," said Preston.

While back in the province, Preston was interested in what the Soldiers on the ground thought. Throughout the patrol, Preston listened to the Soldiers as they spoke about the progress Kamenice/Kamenica has made throughout the years.

For at least one Soldier who had a chance to speak with Preston, his visit made a lasting impression.

"It is always important to me for a leader to show his direct interest in what his/her Soldiers are doing," said Sgt. Jason Maher, Civil Affairs Team Sergeant. "These are the kind of leaders that gave me and my unit strength and knowledge to drive on in Iraq , and this is that same kind of leadership that causes us to drive on here in Kosovo."

Throughout his visit to Kosovo, the Army's top NCO thanked the Soldiers for their support and effort in serving the United States Army and reminded the servicemembers about teamwork.

Bridging the cultural gap



Spc. James Dombrowski from Company A, 578th Engineer Battalion, works with Sgt. Christoph Hofer OR6 one of the Swisscoy Engineers, to stack a super panel while delaunching the Mabey & Johnson Logistical Support Bridge (LSB) at the multi-national training held at Camp Casablanca.

Story and Photos by 2nd Lt. Tim Mills

From a distance, it looks like yellow and green hard hats entangled in a web of steel. Closer observation distinguishes the different Soldiers by varying blends of camouflage, and the alternating shades of green and brown. Across the structure, whistles and hand gestures break down language barriers, as members representing eight different country groups learn the basics of bridge building.

Supported by the Swisscoy at Camp Casablanca, members of the Kosovo Protection Corps (KPC) along with American, Argentinean, Austrian, Ger-

man, Bulgarian, Italian, Finnish and Foreign Legion Soldiers joined for a weeklong training in MNB-SW. It is a training agenda that usually requires one week, according to Special Officer Thomas Balmer, Chief Engineer for Task Force Julia.

"All the different engineers from different countries will come to our camp," said Balmer. "The training begins on Monday morning with theory lessons and checking material. Tuesday and Wednesday is building a Mabey & Johnson bridge and Thursday and Friday is rebuilding or delaunching it."

Swisscoy organizes the training and Mabey & Johnson provides Alan Pearson, a specialist in bridge training, said Balmer.

With an accent that's distinguishably British and a command voice that is indicative of prior military service, Pearson makes a working team out of the diverse group.

"My main responsibilities are training military and civil engineers in the use of the bridging equipment, conducting courses and what the military would probably call bridge reconnaissance," said Alan Pearson, Training Officer for

Mabey & Johnson.

His military demeanor and wealth of experience gain him instant respect among this rotation of KFOR Soldiers.

"I was here in 1999," said Pearson. "I spent four months here building bridges in the immediate aftermath of the conflict to keep the Main Supply Routes (MSR's) open. Since then I've been back, and this is the fifth training course that I've done."

According to Pearson, the training starts with theory and ends with basic surveying. In the middle is the launching and delaunching of the Mabey & Johnson Logistical Support Bridge (LSB).

"We actually built and launched an 80-foot double truss bridge," said Pearson.

"There's four nose pieces and one tail piece, so it was actually 13 bays all together," said Sgt. Edward Adams, Assistant Squad Leader,



(Above) Spc. Jimmy Cawthon, SAW Gunner, 1st Squad, 1st Platoon, Company A, 578th Engineer Battalion stows chains that were used for lifting deck panels while delaunching the Mabey & Johnson LSB.

(right) Argentinean Soldier Cpl. Martinez, along with Spc. Jimmy Cawthon and Spc. James Dombrowski, both of Company A, 578th Engineer Battalion, maneuver a support beam as part of the delaunching of the Mabey & Johnson LSB.



Pictured are members of the Kosovo Protection Corps (KPC) along with American, Argentinean, Bulgarian, German, Swiss, Italian, Finnish and Foreign Legion Soldiers who all joined together for training on the Mabey & Johnson LSB.



(Above) With the support of Swisscoy crane operators, Soldiers are shown delaunching a Mabey & Johnson LSB.



Company A, 578th Engineer Battalion.

"It is much bigger and heavier than the Bailey bridges we trained on," said Spc. Jimmy Cawthon, SAW Gunner, Company A, 578th Engineer Battalion.

"It's almost like a big erector set," said Spc. James Dombrowski, Assistant Squad Leader, Company A 578th Engineers.

Pearson was impressed with the competitiveness and teamwork of the Soldiers.

"The great thing in such a project is to see nations working and how they are working together," said Balmer. "You know we always have problems with languages but in engineer work after one or two days the language is not so important."

"I was surprised," said Spc. Russell Kyzer, Heavy Equipment Operator, Company A, 578th Engineers. "Six different languages and we built the bridge in nothing flat."

From maneuvering large steel structures, to sharing a cup of coffee at the Swiss Chalet, bridge building continued after work.

"We would still hang out with the groups and talk with each other at night," said Cawthon. "We would compare music and then we would watch videos together."

"We really got to know all the other troops," said Keyzer.

The building of relationships stretched from music to politics. Pre-deployment briefings never touched on the bond these California guardsmen could expect to share with the Austrians.

"In Austria, they have five states,"

Continued on page 23

Helping keep in touch

by Spc. Lynette Hoke

Pictures and text in a geography book cannot give a true understanding to the cultural diversity that traveling or living overseas will present to a person. Finding out things like hospitable attitudes, authentic family traditions and standards of living are better portrayed first hand.

Two sixth-grade English classes consisting of approximately 45 Albanian children, at the Trpeza/ Terpeze, 7- Shtatori Primary School in the town of Trpeza/Terpeze, are getting a helping hand with communicating with peers in the United States.

Sgt. 1st Class Christopher Wyman, 1st Platoon Sergeant and 1st Lt. Arterry Cooper, Platoon Leader 1st Platoon, Headquarters Squad, Company B of Task Force Tornado decided to renew a pen pal exchange program that was put on the back burner a few rotations ago.

Most of the students at 7-Shtatori Primary School are familiar enough with English to write a short introduction letter that American students can understand. For the other letters that are not already translated to English, some interpreters at Camp Bondsteel have volunteered their own time to translate the letters from Albanian to English.

The words on the page may look different but the students have a lot of common interests. Finding those interests such as favorite singers, television idols and favorite athletes are those held in common across the world.

These are the sorts of things that allow people to build lasting relationships, said Cooper.

Children aren't set in their ways like some adults, he said.

Maybe by providing an example of ethnic diversity to the children here, it will help them understand how to live among any ethnic group, it can just be a way of life, said Cooper.



PHOTO BY SPC. LYNETTE HOKE

During a break in a math class, Sgt. 1st Class Christopher Wyman from Bravo Company, Task Force Tornado, watches a student at 7-Shtatori Primary School in the town of Trpeza/Terpeze take great detail in a nature picture drawing, using many colors from a full set of donated crayons.

The kids at the school are very excited about the program. One English teacher, Ganimete Limani, was relieved to hear from Wyman the letters were finally sent to the United States. She did not have an answer for the children's

daily questioning of the status of their letters.

"Some of the children get very sad when I tell them I will pick up their letters on a Friday and I don't arrive until Tuesday of the next week," said Cooper.



PHOTO BY SPC. LYNETTE HOKE

A young student at 7-Shtatori Primary School in the town of Trpeza/Terpeze is excited about the Soldiers of Bravo Company, Task Force Tornado, stopping into her class. The troops talk to the class about the pen pal letters they wrote to students back in the States. The Soldiers also asked the students about their favorite music and movies and brought some supplies to the school, such as papers, pencils, books and reference materials.

"They are anxious to get the letters sent off because that means the correspondence from the American children will come."

An English teacher noted, when the children see a big brown envelope arrive, they instantly know it is filled with letters from the American students and they get very happy.

The 7-Shtatori School student's letters are filled with dreams and aspirations to visit the United States. Some of the children ask for small souvenirs such as basketballs, softballs and pictures of their favorite Hollywood stars.

Some of the letters talk about their experiences, encounters and perceptions of American Soldiers and how they are grateful to have them here in Kosovo.

One way the children practice their English is by going to the World Wide Web and navigating to English sites on their off-time in the internet cafes.

Another way the children practice is by reading the English books donated to the school's library. Reading western fiction, a textbook or the lyrics from a new compact disc are sure to get them

excited.

The members of 1st Platoon have taken upon themselves to help the students of the primary school to learn English during a part of their patrol time.

Once every couple of weeks, with approval from command, the members of 1st Platoon, B Company of Task Force Tornado, will take time to sit with few classes and interact with the children to provide "real-time" English conversation and feedback.

The interaction the Soldiers have with the children goes beyond classroom lessons.

"The Soldiers with the squads have also talked with children on helping to clean up their communities as a way to make it sanitary and safer to play," said Wyman.

The Soldiers feel it helps them as well when they participate and see the excitement of the kids because it is a way to connect with their children back home, and gives more meaning to their being here in Kosovo.

"Each squad has been working to

help promote the pen-pal program for their schools and working with students on English, math, geography, art and other subjects," said Wyman.

"All three squads within 1st Platoon, Bravo Company are engaging in this and similar projects with the children in their towns as a way to build self and community pride, and ethnic tolerance," he said.

The pen pal program will broaden the horizons of the students back in the States and in Kosovo.

For some young children, the drive to learn is fueled by ideas found outside the traditional educational learning box.

With help from a handful of Soldiers from Task Force Tornado and the curiosity of students back in the United States, an educational lesson has gone international for some students at a few schools.

Editor's note --

For information or questions about this program contact Sgt. 1st Class Christopher Wyman at Christopher.Wyman@bondsteel2.areur.army.mil.



PHOTO BY SPC. LYNETTE HOKE

Sgt. Sandra Yarnell, Legal Assistance Paralegal, assigned to Judge Advocate General leads the Advanced Step class at Camp Bondsteel.

Steppin' it up for fitness

by Spc. Alicia Dill

After countless hours on the treadmill, pushing yourself with the weights, and listening to the same music CD over and over again, the unthinkable happens, you get bored! When a person settles into their workout it can make results not so obvious. Something to boost your energy and workout routine are the aerobics classes held at Camp Bondsteel.

There are three permanent aerobics classes held weekly and one specialty session offered once a month.

All three classes, Aerobics for Beginners, Advanced Aerobics and Body Sculpting, are taught by Sgt. Sandra Yarnell, Legal Assistance Paralegal assigned to Judge Advocate General.

"Sgt. Yarnell is a very capable and competent aerobics instructor," said 2nd Lt. Mark Correa, KFOR Inspectorate of the Kosovo Protection Corps Chief, Multi-national Brigade (E). "Her class works a combination of cardio fitness training and strength as well," said the native of Redlands, Calif.



PHOTO BY SPC. LYNETTE HOKE

Sgt. Luz Salido, Mail and Billeting Non-commissioned Officer, Headquarters and Headquarters Company, completes a knee lift during the Advanced Step class held at Camp Bondsteel.

"Her classes are designed in a way that the individual can work at a personal pace no matter what the fitness level," he said.

"On average we have anywhere between 45 and 60 people in her session. As a matter of fact, her classes were so big we had to move from the South town to the North town gym," said Harold Williams, Morale Welfare Recreation coordinator.

The classes are Monday, Wednesday and Saturday from 1900 to 2000 hrs. Check the MWR schedules for upcoming classes.

With big classes and heart-pumping music, the atmosphere in the aerobics class gives more than just a great workout.

All the steppers get a chance to work out with one another and encourage each other to push themselves to their maximum capability. By varying the exercises and routines the students can also increase their stamina and flexibility, two keys to achieving successful results.

Choose to lose, a class for all types

by Sgt. Sandra Yarnell

BASIC STEP AEROBICS:

Great workout for any level! Whether you are a beginner or advanced, you can go into this step class and keep it at your level (high or low impact). This class consists of a low to moderate intensity workout utilizing the step bench.

Choreography is moderate and is designed to help the beginner learn the basic fundamentals of step. This class proves to be an excellent tool in building your cardiovascular fitness. This 70 minute class consists of 40-minutes of step, a 10-minute warm up, a 10-minute abdominal workout, and a 10-minute cool down /stretch.

BODYSCULPTING:

Overall head to toe class! This class combines weights, aerobics, and floor work. Portions of this class are high intensity and parts are low intensity. Hand weights, steps and your own natural resistance with gravity will help you increase your strength, tone

your muscles, improve your metabolism, and flexibility.

The class focuses on correct form and technique. Body Sculpting is a 60-minute class which includes intervals of cardio and strength training for 30-40 minutes, a 10-minute warm up, and a 20-minute abdominal workout to be followed by a 10-minute cool down / stretch.

ADVANCED STEP:

Prepare for a physical and mental challenge! This class is designed to take the beginner / intermediate stepper and create the advanced stepper.

The choreography will keep you on your toes! This class is taught at a higher level of intensity to keep that heart rate in it's target heart rate zone for at least 30 minutes!

The advanced step class is a 75-minute class that will include 45 minutes of cardiovascular exercise, 10-minute warm up, 10-minute cool down / stretch, and 10-minute abdominal

workout.

SPECIALTY CLASS:

One specialty class will be taught each month. This class will introduce a different method of exercise to soldiers.

If this class is successful it will be incorporated into the program. We have done Pilates in March, We will do Hi/Lo in April, We will do Hip Hop in May and Double step in June.

FOCUS CLASS:

These classes will start in April 2005. A focus class will take one part of the body and train that part of the body for 30 minutes.

CIRCUIT FITNESS:

This new class will focus on circuit training exercises with different stations which include step, mats and the gym floor. A high intensity class that will include warm-up, 2-minute intervals of different exercises, laps around the gym, cool down/stretch and abdominal workout.



PHOTO BY SPC. LYNETTE HOKE

The North town gym was full of steppers during the Advanced Step class held here. With many different residents of Camp Bondsteel participating, the average class varies every time and steppers can perform at high or low impact.

History of the Sunburst patch



The significance of a tribute passes from Soldier to Soldier, the value of that significance is empowered by today's Soldier knowing the contributions of yesterday's heroes.

Whether they're Soldiers or civilians, young or old, Americans are bonded together by the beautiful and electrifying colors of our nation's flag. It is that combination of red, white and blue which is worn on the right shoulder of each American Soldier.

On a smaller scale, there's a bond in the colors blue and yellow. A much different flag, with a bright yellow sun centered on a blue background.

This blue and yellow flag flies in Kosovo over Camp Bondsteel and is proudly worn in the subdued version on the left shoulder of each Soldier of the 40th Infantry Division (ID). It is a symbol bonding those who have served, or currently serve, under the 40th ID.

These colors are rendered respect as part of the pomp and circumstance of the military. The significance of that tribute passes from Soldier to Soldier. The value of that significance is empowered by today's Soldier knowing the contributions of yesterday's heroes.

However, is the California guard-member in Kosovo aware of those contributions? Do they know that troops in World War I set the precedent for how their patch is worn today?

"The shoulder insignia for the divi-

sion was officially adopted by order of the Commanding General, American Expeditionary Forces in France, on November 23, 1918," says Maj. Gen. James D. Delk in his book titled "The Fighting Fortieth."

Although a lot of effort went into determining the dimensions of the blue square, the circle in the center and the number of rays on the sun, "The wearing of the insignia was not specified," says Delk. "But the official drawing of the patch indicated that the top (flat) of the square was to be worn uppermost."

"However, during the war, most units of the division set a precedent by wearing the patch with one point up," says Delk. Perhaps the 40th ID Soldiers believed, "It's better to ask forgiveness than permission," or maybe they thought it looked better as a diamond than a square.

One thing can be sure, formations must have been painful for those excessively attentive to detail. The dilemma generated questions in Washington and according to Delk, the Commanding General requested an official ruling.

The answer probably wasn't all that popular among the troops.

"The reply of the War Department

stated the top of the square was to be worn uppermost," says Delk. "But that favorable consideration would be given a request for a change, if concurred in by interested states, and upon presentation of proof that such was the practice in the 40th Division of the World War."

"There was considerable correspondence, plus some photos of the patch being worn point up, provided to the War Department," says Delk. "On March 17, 1931, authority was granted by the War Department to wear the shoulder sleeve insignia point up."

Soldiers of the 40th ID had been successful. Although it was 11 years later, they could officially wear their patch the way they wanted.

Some might find the history of their patch trivial or take it for granted. The details of its shape and size over-analyzed. Its sewing and positioning inconveniently enforced during inspections. The true value of the patch is in its significance and the people who have worn it before you or those who wear it with you now. It's a symbol of the contributions that have been made to freedom.

Do you know the sacrifice behind the patch you wear on your shoulder? ★

Weight goals continued from page 8

children at risk for birth defects. Of note, those whose diets include a high intake of fluids and much reduced protein and sodium are at risk for hyponatremia, which can cause fatigue, confusion, dizziness, and in extreme cases, coma.

Low-Fat and High-Fiber Diets

Some studies suggest that replacing foods high in fats with low-fat complex carbohydrates (fruits, vegetables, and whole grains) may be more effective than calorie counting, particularly in maintaining weight loss. This dietary approach requires counting only grams of fat with the goal of achieving 30% or fewer calories from fat. (One gram of fat contains nine calories while one gram of carbohydrates or protein has only four calories, and dietary fat converts more readily to fat in the body than carbohydrates or proteins.) Simply switching to low-fat or skimmed dairy products may be sufficient for some people.

High-Protein Diets High-protein diets, such as the Atkins and South Beach diets, are proving to be very effective in producing short-term weight loss. Because of their emphasis

on fats and proteins, many experts are concerned about long-term health problems. Still, significant studies are reporting benefits on cholesterol and blood sugar levels. Centers which promote this approach argue heart problems from obesity are due to insulin disturbances from sugar imbalances. Therefore, they believe that restricting carbohydrates is the best approach for obesity--and especially for overweight people with diabetes. More research is needed, however, to determine the long-term impact on health.

Low-Carbohydrate Diets.

High-protein, low-carbohydrate diets have become popular again. They include Dr. Atkins, Protein Power, Sugar Busters, and Dr. Stillman. The Atkins diet is currently among the most popular and has a four-phase program: Induction, On-Going Weight Loss, Premaintenance, and Maintenance. Studies are reporting effective short-term weight loss with the diet, although it is not clear if the high-protein diet is any better than low-fat diets for maintaining the weight loss.

Liquid Meal Replacements

Some studies have reported good success with meal replacement beverages (Slim-Fast, Sweet Success). They contain major nutrients needed for daily requirements; each serving typically contains between 200 to 250 calories and replaces one meal. (Using them for all meals reduces calories to a severe extent and can be harmful.)

One study reported that most subjects who had undergone a 12-week weight loss program and then used Ultra Slim Fast supplements as directed for maintenance kept off more than half their weight loss after more than three years. A quarter of the subjects were still losing weight.

I have started a diet since I arrived at Camp Bondsteel on January 25th and I chose a balanced diet from the Body for Life fitness program.

Let's fight together to get in shape and lose those extra pounds over this next year. Stay healthy for yourself and for your military career.

Please refer to AR- 600-9 the Army Weight Control Program and Army PAM 600-63-6.

Bridges, continued from page 17

"In Austria, they have five states," said Cawthon, "and they think California is their sixth state because of Governor Schwarzenegger."

"That was their big joke," said Adams.

Humor about the ownership of California was bridging Soldiers together.

American Soldiers are excited about the possible opportunity to be involved in a bridge building project during their next year in Kosovo.

"We volunteered," said Cawthon.

"But here in Multinational Brigade (East), the bridges have mostly been repaired or are in good order."

"I'd like to get more involved with the other nations," said Dombrowski. "For me, this would help me feel like my time is being used well."

"I think training like this comes down to the people involved," said Adams. "It's more than what army you come from, what military you come from or even what country. It comes down to we're willing to get the job done."

"For me, it's quite satisfying when you do a training course like this," said

Pearson. "On the first day, you see all the people turn up.

"They're mingling in their own military groups, their own national groups," he said.

"As the course progresses, they come more out of themselves, they mix more, they work together and they socialize together," said Pearson.

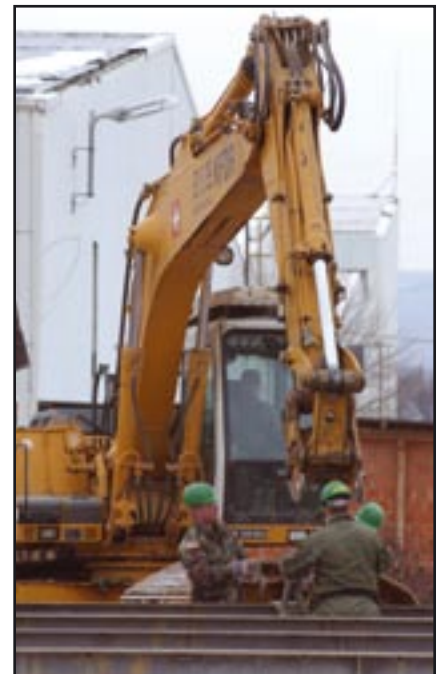
"That's one of the targets," said Balm-er. "To make a team of different nations."

"When you get lots of different nationalities working together," said Pearson. "It's a good opportunity for people from different nationalities to dispel their national stereotypes."

The web of steel beams is dismantled and neatly stacked. The cranes stop moving and the bridge park is silent.

Green and yellow hard hats converge into one small group like football players in a huddle.

They listen to Pearson, "the coach," as he provides his assessment of their performance. An effort based on teamwork and the ability to build two very different bridges, at the same time.



Sgt. Edward Adams, Assistant Squad Leader, 1st Squad, 1st Platoon, Company A, 578th Engineer Battalion watches as a member of the KPC prepares to hook a beam up during the delaunching of the Mabey & Johnson LSB training conducted at Camp Casablanca.



**Parting
Shots**